



THE SENIOR COMMUNICATOR

Simsbury, Connecticut

Hours:

Monday 8:30 AM to 7:00 PM

Tuesday to Friday 8:30 AM to 4:30 PM

Senior Center Office

Phone 860 658-3273

Social Services Office

Phone: 860 658-3283

Fax: 860 408-7046

Simsbury Social Services Department

Senior Center

Eno Memorial Hall

754 Hopmeadow Street

P.O. Box 495

Simsbury, CT 06070

simsbury-ct.gov

Staff:

Kathleen Marschall,

Senior Center Coordinator

Lori Blackburn,

Senior Center Assistant

Mickey Lecours-Beck,

Director of Social Services

Charlotte Barth,

Social Services Aide

Carolyn Krystiniak,

Elderly Outreach Coordinator

May/June 2013

The mission of the Simsbury Senior Center is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of the diverse and growing older adult population (age 50 and over), their families and friends.

Bird Watchers



Join Roger Preston and Gil Kleiner for a morning of exploration and discovery of the various spring migratory and nesting birds.

Meeting time for all locations is 8:00 am.

Wednesday, May 1—Meet at the Band Shell on Iron Horse Boulevard.

Wednesday, May 15—Meet at Great Pond State Forest parking lot.

FREE, sign up through the Senior Center Office.

Living with an Irregular Heart Beat

Come to learn more about Atrial Fibrillation and how it affects your daily life. Learn about the potential health risks caused by Atrial Fibrillation, its symptoms, and up to date treatments.

Presented by The Farmington Valley VNA

Thursday, May 2

1:00 pm to 2:00 pm

FREE, sign up through the Senior Center Office.

Computer One-on-One

Individualized computer tutoring is available at the Senior Center. Appointments are necessary.

Instructor: Max Horton

Thursdays, May 2 through June 27

1:30 pm

FREE, sign up through the Senior Center Office.

Downton Abbey—Season Two

Join us for season two of Julian Fellowes' Emmy Award winning drama, *Downton Abbey*, with an all-star cast featuring Dame Maggie Smith.

Monday, May 6 through June 17 (6 weeks)

2:00 pm (episodes vary in their run time)

FREE, sign up through the Senior Center Office.

Program Committee Meeting

Join us for this informal meeting to discuss ideas for upcoming programs, trips, classes, and events for your senior center. **Everyone** is welcome and encouraged to attend.

Tuesday, May 7

10:00 am to 11:00 am

FREE, sign up through the Senior Center Office.



Jewelry Workshop

Learn to make earrings, bracelets, and necklaces with many different types of beads—glass, plastic, metal, semi-precious, etc. You can make as many items as time allows in this five hour workshop.

Instructor will supply all the tools.

Friday, May 10

and

Friday, June 14

10:00 am to 3:00 pm

Cost—\$5.00 per class (plus the cost of supplies),

Sign up at the Senior Center Office.

Souper Tuesday

The Aging and Disability Commission invites you to lunch. On the menu: soup, sandwich, dessert and coffee. Thank you to the **Junior Women's Club** for providing home made desserts for all of our Souper Tuesday Luncheons

Tuesday, May 14 (sign up by May 7)

and

June 11 (sign up by June 4)

12:00 pm

FREE, sign up through the Senior Center Office.



Senior Voices:

Expressing Yourself Through Poetry

Local poet, Andy Weil will guide you through this interactive class. No experience with poetry is necessary.

Tuesdays, May 14, 28; June 11, 25 (4 weeks)

1:30 pm to 2:30 pm

Cost—\$5.00 for the 4 week session

Sign up through the Senior Center Office.

Healthy Mouths



Please join us for a discussion about healthy mouth care from University of Connecticut Dental Students, Alison Kudish and Stefanie Aquilina. Hands on demonstrations and games will make this an interactive and engaging discussion. Desserts and give-aways, including some electric toothbrushes, will be provided.

Wednesday, May 15

2:00 pm to 3:30 pm

FREE, sign up through the Senior Center Office.

AARP Driver Safety Course

By taking this course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. You may also be eligible to receive an insurance discount upon completing the course, consult your agent for details.

Thursday, May 16

9:00 am to 1:00 pm

Cost—\$12.00 for AARP members and

\$14.00 for non-members.

(Payment can be made the day of the course)

Sign up through the Senior Center Office.

When Should I Call 911?

Michael Gutman, MD, the Medical Director of New England Urgent Care, will give you an overview of what symptoms and signs should prompt you or your loved ones to call 911 immediately. He will also answer questions and tell you about what Urgent Care can do for you.

Tuesday, May 21

1:00 pm to 2:00 pm

FREE, sign up through the Senior Center Office.

Eye Care Bingo

Primary Eye Care Center will help you learn about cataracts, glaucoma, eye lid surgery, dry eyes, and macular degeneration while enjoying Bingo! Prizes, giveaways, refreshments.

Thursday, May 23

1:00 pm to 2:00 pm

FREE, sign up through the Senior Center Office.

Senior Citizen Night at Simsbury High School Dinner and Art Exhibit

Join us at Simsbury High School for a pizza and salad dinner, followed by a student Art Exhibit.

Tuesday, May 28

5:00—Dinner

6:00—Art Show

FREE, sign up by May 24 through the Senior Center Office.

Lunch and Learn

A Fall Can Ruin a Good Day - Don't Let it Happen to You

Learn the facts about fall prevention, hints to make sure your home is safe, and discuss risks and causes for falls. Presented by Lynne Marullo, R.N., Seabury Care Now. Hot dogs with all the fixings' will be served for lunch.

Thursday, May 30

12:00 lunch, followed by presentation.

FREE, sign up by May 24 through the Senior Center Office.

Dinner and Piano Recital



Start your evening with homemade macaroni and cheese, tossed salad and dessert, followed by a piano concert featuring the students of Julie Hall.

Tuesday, June 4

5:30—Dinner 6:30—Recital

Cost—\$2.00

Sign up by May 30 at the Senior Center Office.

Thursday Theater - "Argo"

When militants seize control of the U.S. embassy in Tehran, CIA agent Tony Mendez creates a fake Hollywood film production in order to rescue a group of American diplomats. Inspired by actual events. Starring Ben Affleck, Alan Arkin and Bryan Cranston. Directed by Ben Affleck. Rated R; 120 minutes.

Thursday, June 6

1:00 pm

FREE, sign up through the Senior Center Office.

Movies are shown in the Program Room at Simsbury Library.

Liver Wellness and You

Join us for this presentation, which will help you understand the functions of the liver, how to maintain liver health, and how to talk to your doctor about liver health and wellness. Donna Sciacca, Program Manager at the Connecticut Chapter of the American Liver Foundation will present.

Thursday, June 13

1:00 pm to 2:00 pm

FREE, sign up through the Senior Center Office.

Dinner and Vocal Recital

Finger sandwiches, pasta salad, chips and dessert.

Thursday, June 20

5:30 - Dinner

6:30 - Recital

Cost—\$2.00 Sign up by June 14 at the Senior Center Office.



Ice Cream Sundae Bingo

Join us for an afternoon of bingo along with ice cream sundaes.

Thursday, June 27

1:00 pm to 2:30 pm

Cost—\$1.00-Sign up through the Senior Center Office.

Duplicate Bridge

Enjoy the challenge of duplicate bridge. Players may choose to play in either the morning, afternoon or both sessions. Snacks will be provided.

Fridays

Session #1 - 10:00 am to 12:00 noon

Session #2 - 1:00 pm to 3:00 pm

Cost—\$1.00 per player per session

To register or for more information, contact Don Steele 860 651-9663 or Steele3544@sbcglobal.net or call the Senior Center at 860 658-3273.

WELLNESS



Blood Pressure Screening

Sponsored by the Farmington Valley VNA, no appointment necessary.

Every Wednesday 11:45 am to 2:15 pm in the Auditorium.

Monday 6/24 from 10:00 am to 12:00 noon in the Blue Room.

Footcare

Dr. Luca DiMatteo, a Simsbury based podiatrist, will be available to see patients usually on the **first Monday** of each month at the Senior Center. Appointments are routinely 15 minutes in length. There is a charge.

Clinic dates—Monday, 5/6 and 6/3

Time—1:00 pm to 3:00 pm

Sign up through the Senior Center Office.

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center on a monthly basis to clean and service any brand of hearing aid and perform general screenings. All services are **free of charge**.

Clinic dates—Tuesdays 5/28 and 6/25

Appointments start at 10:00 am

Sign up through the Senior Center Office.

Massages

Make an appointment today for a 15-minute massage

Wednesdays: 5/1, 5/15, 6/5, 6/19

Appointments starting at 10:00 am

Cost—\$10.00, sign up at the Senior Center Office.

Bereavement Support Group

An ongoing group called Grieving, Growing and Giving will take place on the **1st and 3rd Thursdays of the month at the Simsbury Senior Center.**

This group will offer support and coping tools particularly helpful for those people who are new in their grieving process. The group is open to anyone actively grieving a loss. The group will be led by Geri Spano, McLean Hospice Bereavement and Spiritual Counselor. To register for this McLean Bereavement Support Group to be held at The Simsbury Senior Center, call **860-658-3950** and ask for Geri Spano.

Dates—5/2, 5/16 and 6/6, 6/20

2:30 pm to 4:00 pm

FITNESS

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor—Susan Rubenstein

9:15 am to 10:15 am

	Monday	Wednesday
Current Session	Continues to 6/10	Continues to 6/12
New Session	6/24-8/12 8 classes	7/3-8/14 6 classes
Cost	\$28.00	\$21.00

No class Wednesday, July 24

Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"

Zumba Gold

Get fit while dancing to the beat of Latin music.

Instructor-Susan Rubenstein

9:00 am to 10:00 am

Friday's—6/28-8/16 (7 classes)

No class Friday, July 19

Cost-\$28.00 Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"

Yoga

Mixed level, traditional style yoga class.

Instructor—Susan Rubenstein

10:30 am to 11:30 am



	Monday	Wednesday
Current Session	Continues to 6/10	Continues to 6/12
New Session	6/24-8/12 8 classes	7/3-8/14 6 classes
Cost	\$48.00	\$36.00

No class Wednesday, July 24

Yoga Drop-in fee \$7.50 per class

Checks payable to "Yoga Be Fit"

NEW

Cardio Plus

Stay fit this summer with a class designed to give you a cardio burst, strength training and core work.

Instructor—Susan Rubenstein

Thursdays—6/13 to 8/22 (8 classes)

5:00 pm to 6:00 pm

Cost-\$40.00 Drop in fee \$6.00

Checks payable to "Yoga Be Fit"

Strength Training for Everyone

This class is designed for both men and women using weights, bars, tubes and more.

Instructor—Susan Rubenstein

10:15 am to 11:00 am

Fridays—6/28-8/16 (7 classes)

No class, Friday, July 19

Cost-\$28.00

Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"



Cardio Blast Exercise

Traditional aerobics to music you love.

Instructors-Mary Root/Marie Burman

12:00 noon to 1:00 pm

	Monday	Wednesday	Friday
Current Session	Continues to 6/10	Continues to 6/12	Continues to 6/14
New Session	6/17-8/26 11 classes	6/19-8/28 11 classes	6/21-8/30 11 classes
Cost	\$22.00	\$22.00	\$22.00

Drop-in fee \$3.00 per class

Checks payable to "Town of Simsbury"

Balanced Bodies Exercise

This workout focuses on balance and stability.

Instructors-Mary Root/Marie Burman

1:00 pm to 2:00 pm

	Monday	Wednesday
Current Session	Continues to 6/10	Continues to 6/12
New Session	6/17-8/26 11 Classes	6/19-8/28 11 classes
Cost	\$22.00	\$22.00

Drop-in fee \$3.00 per class

Checks payable to "Town of Simsbury"

Personal Training Class

Certified Personal Trainer Anita Kershner will lead you in an exercise program to meet your needs.

Instructor—Anita Kershner

Tuesdays and Thursdays-continuing to 5/23

9:00 am to 9:45 am

Drop in fee-\$3.50 per class

Tai Chi

Four different levels of gentle, slow exercises that can improve balance and increase relaxation. Incorporates the mind, body and spirit.

Instructor—Michele Kelley

Advanced—10:00 am to 10:45 am

Intermediate—10:45 am to 11:30 am

Advanced Beginner—11:30 am to 12:15 pm

Beginner—12:15 pm to 1:00 pm

Tuesdays & Thursdays—5/7-7/11 (16 classes)

Cost—\$56.00 (no classes 6/4, 6/6, 6/25, 7/4)

Drop In Fee—\$4.50

Checks payable to "Michele Kelley"



Line Dancing

Kick up your heels with our line dancing class.

Instructor—Jim Gregory

Fridays—1:15 pm to 2:45 pm

Current Session continues to 6/21

New Session—6/28-8/30 (9 classes) No class 7/26

Cost—\$22.50

Sign up through the Senior Center Office.

Drop in fee—\$3.50 per class

Checks payable to "Town of Simsbury"

Qi Gong—Evening

Combines breathing exercises with physical movement to cultivate and promote well-being.

Check bulletin boards for room locations.

Instructor—Michele Kelley

Monday Evenings—6:00 pm to 7:00 pm

Dates—May 6-July 15 (no class 5/27, 6/3, 6/24)

Fitness Room

Our Senior Center Fitness room is available for you to use Monday through Friday.

8:30 am to 4:00 pm

Equipment available:

2 NuStep reclining steppers

2 Treadmills

1 Stationary bicycle

1 pound to 10 pound free weights

Call or stop by the Senior Center office for more information.

Membership fees: \$40.00 a year or \$5.00 a month

A note from your physician and an orientation by our personal trainer is required before signing up.

Cost—\$8.00 per class; pay teacher at class

ONGOING PROGRAMS

Book Club

Share your thoughts and opinions on the selected book of the month.

Instructor—Mary Jane Springman

10:00 am to 12:00 pm

5/22—*The Good Earth* by Pearl Buck(F)

6/26—*All The King's Men* by Robert Penn Warren(F)

FREE, sign up through the Senior Center Office.

Bridge

Intermediate players welcome. Ongoing group.

Mondays—12:00 noon to 3:00 pm

Ceramics

No experience necessary. Enjoy being creative.

Instructor—Gloria Cerniglia

Tuesdays—10:00 am to 2:30 pm

Continues to 6/25

Drop In Fee—\$3.00

Cribbage

Tuesdays—1:00 to 3:00 pm

FREE

Intonations

This choral group enjoys singing together with performances at local venues.

Instructor—Professor Greg Babal

Wednesdays—10:00 am to 12:00 noon

Dates—continues to 6/12

Knit & Crochet Group

This friendly group of knitters and crocheters meet every Monday. Lots of yarn available for use.

Mondays—10:00 am to 12:00 noon

FREE



Life History Writing Workshop

No writing experience required. All you need are stories and memories for this guided class with fun discussions and writing projects.

Instructor—Jeanne LaPierre

Tuesday, June 11 and July 9

10:30 am to 12:00 noon

Cost—\$5.00 per class

Sign up through the Senior Center Office.

OTHER IMPORTANT INFORMATION

Aging and Disability Commission

A volunteer advisory Commission that is responsible for investigating the needs of older adults and persons with disabilities, and providing assistance to public and private agencies in the implementation of programs and facilities for such needs. Meetings are the third Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room.

Meeting date: Tuesday 5/21 and Tuesday 6/18.

Handicapped Parking Permit Applications

Are available at the Senior Center Office.

CHOICES

(Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening)

CHOICES counselor Marlene Fein will be available to provide the information and assistance necessary for you to understand your rights, receive benefits to which you are entitled and make informed choices about health insurance concerns.

Appointments are available on 5/16 and 6/20 and can be made through the Senior Center Office.

Copy Machine

The Senior Center staff can make copies of medical, legal or financial documents at no charge to you.

Coupons

The Senior Center now has coupons available for you to take or swap. Stop in anytime.

Renters Rebate Program

Applicants must be at least 65 years of age or be totally disabled. Income limit is \$40,900/couple; \$33,500/individual. Call 860 658-3283 for information.

VIP Pass

The VIP Pass Program is a partnership with Simsbury Public Schools that will allow residents age 65 and older to attend a wide variety of school functions such as sporting events, art exhibits, concerts and theater productions **free of charge**. You may obtain a VIP Pass application at the Senior Center, at the Superintendent's office at 933 Hopmeadow Street (Town Hall) or by downloading an application at www.simsbury.k12.ct.us and returning the form to either location.

Mature Driver Safety Screening Program

The Injury Prevention Center of Hartford Hospital and CT Children's Medical Center, is providing the opportunity for older drivers to assess their own safe driving abilities, at no cost. The screening will take place at The Simsbury Senior Center and takes about an hour per person. Results and recommendations are immediate and confidential.

Dates: 5/3, 5/17, 5/31 and 6/14, 6/28

Make your appointment through the Senior Center Office. A \$5 Dunkin' Donut card will be provided for your participation.

Painting Club

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface for your medium and enjoy a drop-in painting club this spring and summer

Thursdays—10:00 am to 12:00 noon
FREE



Scrabble

Come enjoy the game of SCRABBLE at the Senior Center.

Tuesdays—1:00 pm to 4:00 pm
FREE

Setback

Fridays—10:00 am to 12:00 noon
FREE

Stamping—Make Your Own Greeting Cards

Create a special card for a special person for a special reason. All materials are provided, no experience necessary.

Instructors—Marge Lenda
Mondays—9:30 am to 11:30 am
Craft Room
FREE

Tablet/eReader User Group

Bring your Kindle, Nook, Nexus, iPad, or other portable device. Share ideas with other members and get advice from our technology instructor during the group.

Thursdays
12:00 to 1:00 PM
FREE, sign up through the Senior Center Office.
This group is held in the Barnes Room at Simsbury Library.

Simsbury Senior Center
P.O Box 495
Simsbury, CT, 06070

PRESORTED STANDARD

US POSTAGE PAID

AVON CT

PERMIT NO 444

Casino Trips

Important Information for Trip Participants:

All people registering for trips through the Simsbury Senior Center will be given an emergency medical information card. We ask that you complete this card, keep it up-to-date, and have it with you on each trip you take with us. **Refunds cannot be issued except for medical reasons or if a replacement can be found from a waiting list.**

Mohegan Sun Casino

Monday, May 13, 2013

Bus will depart at 8:30 am, return to Simsbury 5:00 pm.

Cost—\$17.00 includes round trip transportation via deluxe motor coach
and a \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).

Sign up at the Senior Center Office.

Mohegan Sun Casino

Monday, June 10, 2013

Bus will depart at 8:30 am, return to Simsbury 5:00 pm.

Cost—\$17.00 includes round trip transportation via deluxe motor coach
and a \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).

Sign up at the Senior Center Office.